



Campaign Against Living Miserably
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Dear friend,

If someone close to you has taken their life – whether this is someone in your family, a friend, a lover or a work-colleague – then this is an incredibly tough time. Tangled in the consequences of bereavement there may be guilt and remorse, shock and anger, disbelief - and a burning need to understand why this has happened. You may be finding it very hard to deal with the way that others are grieving, and while adversity can bring people together, the different ways in which people grieve can also bring unbearable pressures upon relationships. You, and those around you, need to get through this period, somehow. If you can, accept the help that's on offer when it's useful and look for information and support where and when you need it. There are some relevant helplines and sites listed below. There's also a publication called '*Help is at Hand*', a resource for people bereaved by suicide or traumatic death which you can access online:

<http://www.nhs.uk/Livewell/Suicide/Documents/Help%20is%20at%20Hand.pdf>

Suicide is the single biggest killer of men aged under 35 in the UK, and three quarters of all suicides in the UK are male. Dealing with a bereavement following a suicide is unfortunately only too common, but there are agencies and people out there who would like to help.

The CALM office can post you some hard copies of '*Help is at Hand*', and we're happy to supply more details about the charity itself. You can contact me at niamh@thecalmzone.net or ring 0203 697 9331 during office hours, Monday to Friday.

Best wishes,

Niamh Brophy
Supporter Care

USEFUL SITES & NUMBERS

CALM's helpline and texting service is aimed at men who are down or have hit a wall for any reason. *Anyone* can use the service, regardless of age or gender, so it's there if you need to talk to someone. It's a confidential, anonymous service, open every day from 5pm to midnight. Calls won't show on your phone bill.

- In London, call 0808 802 5858 (available only to London landlines and mobiles and free to call).
- Outside London, call 0800 585858 (calls free on 3, Virgin, Orange and Vodafone and landlines).
- For text relay dial 18001 + 0808 802 5858 / 0800 585858. Translation via interpreter available.

BEREAVEMENT

Survivors of Bereavement by Suicide (SOBS)

Support, information and local group meetings by those bereaved by the suicide of a close friend or relative.

National Helpline: 0844 561 6855, 9am - 9pm daily.

www.uk-sobs.org.uk

Compassionate Friends

Support for all families bereaved after the death of a child or children.

Phone 0845 123 2304, open 10am-4pm, 7pm-10pm daily.

www.tcf.org.uk

If U Care Share Foundation

Support for families affected by suicide.

Phone: 0191 387 5661 Email: share@ifucareshare.co.uk

www.ifucareshare.co.uk

Cruse

Help for anyone experiencing bereavement to understand their grief and cope with their loss, with free and confidential support.

Helpline 0844 477 9400, open Monday to Friday 9.30am - 5pm.

www.crusebereavementcare.org.uk

The Sand Rose Project

Organises breaks for bereaved families.

Office: 0845 607 6357, open Monday and Wednesday, 9am - 3pm.

www.sandrose.org.uk

Widowed and Young (WAY)

Social and support network for widowed men and women under 50.

0300 012 4929

www.wayfoundation.org.uk

BEREAVEMENT & CHILDREN

Cruse RD4U Young People's Helpline

Telephone help for bereaved young people, provided by Cruse.

Helpline: 0808 808 1677, open Monday to Friday 9am - 5pm.

www.rd4u.org.uk

Childhood Bereavement Network

Database of information about sources of support for bereaved children.

Office 0207 843 6309
Childline 0800 1111
www.childhoodbereavementnetwork.org.uk

Childhood Bereavement Trust

Support and advice for bereaved families.
01494 568 900, open Monday to Friday 9am - 5pm
www.childbereavement.org.uk

Grief Encounter

Mission: every bereaved child and their family in the UK get the best possible help, recognition and understanding following their loss.
Monday-Friday 9-5pm 020 8446 7452
www.griefencounter.org.uk

Red Chocolate Elephants, by Diana Sands.

This is an Australian educational DVD and book for children and families bereaved by suicide. The DVD is available to order online from Amazon

Winston's Wish

Practical support for bereaved children, young people and their families, publications.
Helpline: 0845 203 0405, open Monday to Friday 9am - 5pm.
www.winstonswish.org.uk

SUPPORT / COUNSELLING

British Association of Counselling and Psychotherapy (BACP)

Find a professionally qualified counsellor in your local area.
NB If you are accessing the BACP website, go to the 'Find a therapist' page.
01455 883316
www.bacp.co.uk

Depression Alliance

Information and support service for people affected by depression.
Information Pack Request: 0845 123 23 20
www.depressionalliance.org

Maytree Respite Centre

Short-term free accommodation and befriending for the suicidal in a confidential and supportive environment.
020 7263 7070
www.maytree.org.uk

Papyrus

Support for anyone concerned about a young person who may be depressed or suicidal, or for those struggling with emotional distress or suicidal feelings themselves. Provides free and confidential helpline.
HOPELineUK0800 068 4141, open Mon to Fri 10am - 5pm and 7pm - 10pm; weekends 2pm - 5pm.
www.papyrus-uk.org

Parent Lifeline

Emotional support and advice to parents under stress of any kind.
Helpline: 0114 272 6575, open 9am - 1pm, 7pm - 11pm, daily.
www.parentlifeline.org.uk

Rethink National Advice Service

Help for people affected by mental illness.

Helpline: 0300 5000 927, open Monday to Friday, 10am - 1pm.

www.rethink.org

MIND

Support and information for anyone suffering from a mental health problem.

0300 123 3393

www.mind.org.uk

The Samaritans

Confidential emotional support for people who are experiencing feelings of distress or despair.

Helpline: 08457 909090 24 hours a day, 7 days a week.

www.samaritans.org.uk

Saneline

Practical information, crisis care and emotional support to anybody affected by mental health problems.

Helpline: 0845 767 8000, open daily from 6pm - 11pm.

www.sane.org.uk

CALM SUPPORTzone

A private and anonymous online forum for those bereaved by suicide. This is a place to get practical information and support from others who have gone through such a painful loss.

For access: email niamh@thecalmzone.net

OTHER

Down to Earth provided by Quaker Social Action

Supports bereaved people in financial need to plan affordable, meaningful funerals.

02089835055

downtoearth@qsa.org.uk

Inquest

Advice to bereaved families facing an inquest.

020 7263 1111

www.inquest.org.uk

Sudden Trauma Information Service Helpline

A confidential helpline service for survivors of all kinds of sudden trauma.

0845 367 0998

www.stish.org